

J Sainsbury plc

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OFFICE OF INTERNATIONAL  
CORPORATE FINANCE

Securities and Exchange Commission  
Office of the International Corporate Finance  
Room 3094 STOP 3-6  
450 Fifth Street N.W.  
Washington DC20549  
USA

Ext: 6505  
Fax: 020 7695 6505  
Your Ref:  
Our Ref:  
Date: 6 March 2006



06011872

SUPPL

Dear Sir

**J Sainsbury plc announces : Director/PDMR Holding in company**

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 6 March 2006.

Yours faithfully

David Kinnair  
Company Secretariat

MAR 23 2006  
THOMSON  
FINANCIAL

2006 3/23

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED  
PERSONS**

1. Name of the *issuer*

*J Sainsbury plc*

2. State whether the notification relates to (i) a transaction notified in accordance with  
*DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended  
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

*Timothy Fallowfield*

4. State whether notification relates to a *person* connected with a *person discharging  
managerial responsibilities/director* named in 3 and identify the *connected person*

*N/A*

5. Indicate whether the notification is in respect of a holding of the *person* referred to  
in 3 or 4 above or in respect of a non-beneficial interest

*Timothy Fallowfield*

6. Description of *shares* (including *class*), debentures or derivatives or financial  
instruments relating to *shares*

*Ordinary Shares 28<sup>4/7</sup> p each*

7. Name of registered shareholders(s) and, if more than one, the number of *shares*  
held by each of them

*Timothy Fallowfield*

8 State the nature of the transaction

*Sale*

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

*n/a*

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

*885 shares*

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

*n/a*

13. Price per *share* or value of transaction

*320.3706p*

14. Date and place of transaction

*3 March 2006*

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

*21,329 ordinary shares*

16. Date issuer informed of transaction

*6 March 2006*

**If a *person discharging managerial responsibilities* has been granted options by the *issuer* complete the following boxes**

17 Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

*Sale of shares following exercise of three year sharesave option.*

24. Name of contact and telephone number for queries

*David Kinnair 0207 695 6505*

**Name and signature of duly authorised officer of issuer responsible for making notification**

*Hazel Jarvis*

**Date of notification**

*6 March 2006*